



SPORTS MEDICINE & REHABILITATION MEDICINE



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Sir H. N.
Reliance
Foundation Hospital
RESPECT FOR LIFE



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CENTRE FOR SPORTS MEDICINE

At Sir H.N. Reliance Foundation Hospital and Research Centre, our Centre for Sports Medicine aims to help every athlete - professional or recreational - achieve his or her fullest potential and remain injury-free through the use of sports medicine and exercise science. Our team offers a comprehensive and multidisciplinary approach to the prevention and treatment of injuries in active individuals of all ages and abilities.

Combining physical testing, nutrition and mental training, we can help every individual optimise their sports performance. We help injured athletes return to play in the shortest possible time by using the latest diagnostic technologies to provide objective assessments of the athlete's condition as well as speed up the rehabilitation process.

Indeed, at Sir H.N. Reliance Foundation Hospital and Research Centre, we don't just treat the body, we go further: we respect life.

TECHNOLOGY & INFRASTRUCTURE

The centre has a range of specialised equipment to enhance performance and improve fitness levels, including state-of-the-art cardiovascular and strength training machines.



- Alter G anti-gravity treadmill, which uses NASA space technology to speed up recovery post-injury or surgery
- Primus, a multi-joint dynamometer with work simulator, designed to evaluate strength and function and rehabilitate athletes for sports-specific movements
- VO2 max testing system, useful for the measurement of maximal oxygen uptake (VO2 max), cardio-respiratory fitness assessment and for calculating Resting Metabolic Rate (RMR) and daily caloric intake
- Aqua-treadmill, a specialised system which allows walking or running underwater to promote early recovery after injury or surgery
- Gait and Motion Lab and Electromyography (EMG) system, a state-of-the-art Motion Lab system with 12 high resolution cameras, 2 video cameras and an 8-channel DTS EMG system, which provides biomechanical analysis for every sport-specific movement
- Our interdisciplinary team of healthcare professionals combine their individual expertise to provide the best possible care and premium quality of services to all patients. This team comprises physiatrists, physicians, orthopaedic surgeons, sports therapists, biomechanists, sports psychologists, sports nutritionists, strength and conditioning specialists and pain management specialists

SERVICES

- Injury assessment and treatment
- Human performance lab for VO2 max testing
- Lactate threshold testing
- Isokinetic testing and training
- Specialised sport-specific clinics - running, cricket, golf, football
- Sports rehabilitation
- Orthotic/footwear evaluation
- Sports nutrition

SPORTS MEDICINE Level 3, Heritage, 8 am - 8 pm

CENTRE FOR REHABILITATION MEDICINE

Our Centre for Rehabilitation Medicine helps individuals overcome their disabilities and achieve optimal health using a system of evidence-based best practices in preventive and rehabilitative healthcare. We use an integrated approach involving all medical specialities so that the patient receives comprehensive care in a seamless manner. The centre's lifecycle of services includes intensive unit care, in-patient care and out-patient clinics, as well as community support groups. Education of both the patient and the caregiver is extremely important to health outcomes. All our programmes incorporate a strong education component.

TECHNOLOGY & INFRASTRUCTURE

The Centre for Rehabilitation Medicine is well-equipped with specialised systems to help deliver a comprehensive treatment programme in the best possible way. These include:

- Posturography system, for objective assessment and retraining of the sensory and voluntary motor control of balance, with visual biofeedback on either a stable or unstable support surface and in a stable or dynamic visual environment
- Unweighing system, useful in initial ambulatory training of patients with stroke, spinal cord injury and other neurological cases
- Virtual Reality Therapy, which provides motor-relearning for upper limb and lower limb activities
- Gait and Motion Lab and Electromyography (EMG) system, which provides detailed diagnostic and therapeutic information for a range of neurological and orthopaedic disorders



SERVICES

Our interdisciplinary team of physiatrists, physicians, physical therapists, occupational therapists, speech and language therapists, biomechanists, rehabilitation psychologists, rehabilitation nurses, pain management specialists and nutritionists provide services in the following 5 specialities:

1 - NEURO REHABILITATION

For patients with neurological illness or injury that has affected the ability to live and function independently. Patients may avail of rehabilitative services in an acute in-patient setting, in the in-patient rehabilitation unit, or in out-patient rehabilitation clinics.

Specialised programmes are offered to those affected by:

- Stroke
- Traumatic brain injury
- Progressive neuromuscular diseases such as Parkinson's
- Memory disorders such as Alzheimer's
- Spine injuries and disorders
- Complex neuro-medical conditions such as Multiple Sclerosis
- Vertigo, dizziness and balance disorders

2 - CARDIAC AND PULMONARY REHABILITATION

For patients with cardiac and pulmonary diseases, we offer a multi-dimensional rehabilitation programme which involves exercise with specialised ECG monitoring, risk factor modification, dietary counselling and education. Cardiac rehabilitation can benefit those who have had:

Myocardial infarction (heart attack)

- Coronary Artery Bypass surgery (CABG)
- Angioplasty
- Angina
- Congestive heart failure
- Angiography showing blockages
- Valve surgery
- Other cardiovascular illnesses

Pulmonary rehabilitation can benefit those with:

- Chronic obstructive pulmonary disease
- Chronic bronchitis
- Emphysema
- Asthmatic bronchitis
- Other pulmonary disorders

3 - ONCOLOGY (CANCER) REHABILITATION

Our rehabilitation programmes provide physical therapy and overall reconditioning for many of the impairments that may result from cancer, cancer surgery, radiation therapy, chemotherapy and other treatments for cancer, including:

- Muscle wasting, weakness, pain, swelling
- Impaired mobility, overall deconditioning
- Anxiety/depression, weight loss
- Decreased balance/coordination, increased risk of falls

4 - MUSCULOSKELETAL (ORTHOPAEDIC) REHABILITATION

Our centre provides comprehensive therapy services to individuals with injuries or physical impairments, with a focus on patient education and prevention of re-injury. Each patient is evaluated thoroughly for movement, muscle strength, sensation, pain and dexterity. Patients may avail of rehabilitative services in an acute in-patient setting, in the in-patient rehabilitation unit, or in out-patient rehabilitation clinics.

Conditions treated include:

- Lower back pain
- Neck pain
- Joint pain (shoulder, knee)
- Arthritic conditions
- Joint replacement rehabilitation
- Conservative rehabilitation - fractures, ligament injuries
- Pre and post-operative rehabilitation

5 - PAEDIATRIC REHABILITATION

We offer comprehensive paediatric rehabilitation services, which include evaluation and medical treatment of underlying disorders. The centre offers specialised testing for learning disabilities and their treatment. Children who can benefit from therapy include those with:

- Cerebral palsy
- Mental retardation
- Autism
- Developmental delay
- Paediatric stroke, neuromuscular diseases and epilepsy
- Chromosomal and other genetic disorders
- ADHD (Attention Deficit Hyperactivity Disorder)
- Learning disabilities
- Speech and language delay
- Emotional, behavioural and psychiatric disorders.



REHABILITATION MEDICINE Level 3, Heritage, 8 am – 8 pm



Rehab and Sports